

¹Reservation required, Just For Seniors at 558-6664

²HICAP Appointment Line: 1-800-434-0222

³Weight Watchers 12-week program Tasha @ 558-6060

⁴Beauty for the Ages:
Contact the Senior Center @ 799-2820

Loma Linda Senior Center - "The Gathering Place"
Telephone: (909) 799-2820
25571 Barton Road
(Behind City Hall and Fire Station
on Loma Linda Drive)

JUNE 2006

Claude for Party Bridge – 795-1995

Joan for the Ukulele Club – 796-8934

Keoki (George) Ariola Intermediate Ukulele
534-6093

Arvin Leach for Watercolor Workshop - 797-5266

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
SENIOR CENTER CLOSED	NEW OFFERINGS: TAI CHI 7:00 A.M. TUESDAYS BOARD GAMES MON. 2:00 P.M. COMPUTER 8 COURSESESSION MON & TUES. 1:30 P.M.	MEDICAL LECTURES: 6/7, 6/12, 6/21, 6/27	SPECIAL EVENTS: INDEPENDENCE DAY BARBQUE 6/26/06 12:00 FREE LUNCH & ENTERTAINMENT	¹ Watercolor Workshop 9 am to 12 p.m. Sit & Fit Exercise Video 9:30 Focus on Healing 10-11 a.m. Party Bridge 1 - 5 pm	² SENIOR CENTER CLOSED
⁴ SENIOR CENTER CLOSED	⁵ Senior Painters 8:30 - 11 am Instructions by Betty Hayes ¹ AARP 55 Alive Driving Prog. <u>1-5 pm (2 days)</u> Intermediate Ukulele 1-3 pm <u>NEW -Board Games 2:00 – 4:00</u> <u>Computer Class #1a 1:30-3:30</u>	⁶ 7:00 <u>TAI CHI – NEW/FREE</u> Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm ¹ AARP 55 Alive Driving Prog. <u>1-5 pm (2 days)</u> <u>Computer Class #1b1:30-3:30</u>	⁷ <u>9:00 Aging Healthfully</u> <u>Dr. Paul – FREE SEMINAR</u> ⁴ Beauty for the Ages 10 - 11 Language Improvement Class 11 a.m. – 12 p.m. Movie & Refreshments 2:30 ¹ Computer 101 1:00 – 3:00 ¹ Computer 102 3:00 – 5:00	⁸ Water color Workshop 9 am to 12 p.m. Sit & Fit Exercise Video 9:30 Focus on Healing 10-11 a.m. Party Bridge 1 - 5 pm	⁹ SENIOR CENTER CLOSED
¹¹ SENIOR CENTER CLOSED	¹² Senior Painters 8:30 - 11 am Instructions by Betty Hayes Intermediate Ukulele 1-3 p.m. <u>3:30 Things to know about</u> <u>INSOMNIA & DEPRESSION</u> <u>Lecture – Q&A</u> (LL Sch. of Pharmacy) <u>NEW -Board Games 2:00 – 4:00</u> <u>Computer Class #2a 1:30-3:30</u>	¹³ 7:00 <u>TAI CHI – NEW/FREE</u> Ukulele Club 9 -11 am SCRAP BOOKING 1:00 – 3:00 Strength & Balance Exercise Video 1:30 – 2:30 pm <u>Computer Class #2b1:30-3:30</u>	¹⁴ Memory Loss Clinic 9 -11 ⁴ Beauty for the Ages 10 - 11 Language Improvement Class 11 a.m. – 12 p.m. ¹ Computer 101 1:00 – 3:00 ¹ Computer 102 3:00 –5:00 Movie & Refreshments 2:30	¹⁵ Water color Workshop 9 am to 12 p.m. Sit & Fit Exercise Video 9:30 Focus on Healing 10-11 a.m. Party Bridge 1 - 5 pm	¹⁶ SENIOR CENTER CLOSED
¹⁸ SENIOR CENTER CLOSED	¹⁹ Senior Painters 8:30 - 11 am Instructions by Betty Intermediate Ukulele1-3 p.m. <u>NEW -Board Games 2:00 – 4:00</u> <u>Computer Class #3a 1:30-3:30</u>	²⁰ 7:00 <u>TAI CHI – NEW/FREE</u> Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm <u>Computer Class#3b 1:30-3:30</u> <u>Sr. Center Board 3:00 pm</u>	²¹ Language Improvement Class 11 a.m. – 12 p.m. ⁴ Beauty for the Ages 10:-11: Living with Chronic Pain 1:30 Dr. Strum Center for pain mgmt. - Refreshments ¹ Computer 101 1:00 – 3:00 ¹ Computer 102 3:00 –5:00	²² Water Color 9 am to 12 p.m. <u>Focus on Healing</u> 10-11 a.m. Sit & Fit Exercise Video 9:30 Party Bridge 1 - 5 pm	²³ SENIOR CENTER CLOSED
²⁵ SENIOR CENTER CLOSED	²⁶ Senior Painters 8:30 - 11 am Instructions by Betty Hayes <u>INDEPENDENCE DAY BBQ</u> <u>12:00 – 2:00 FREE</u> <u>Food & Entertainment!</u> Intermediate Ukulele 1-3 p.m. <u>NEW -Board Games 2:00 – 4:00</u> <u>Computer Class #4a 1:30-3:30</u>	²⁷ 7:00 <u>TAI CHI – NEW/FREE</u> Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm <u>DIABETES TALK 1:00</u> Presenters Loma Linda School of Pharmacy - Refreshments <u>Computer Class #4b1:30-3:30</u>	²⁸ Memory Loss Clinic 9 -11 ⁴ Beauty for the Ages10-11 <u>BLOOD PRESSURE CLINIC</u> 9:00-11:00 Registered Nurse Language Improvement Class 11 a.m. – 12 p.m. ¹ Computer 101 1:00 – 3:00 ¹ Computer 102 3:00 –5:00 Movie & Refreshments 2:30	²⁹ Water Color 9 am to 12 p.m. Focus on Healing 10-11 a.m. Sit & Fit Exercise Video 9:30 Party Bridge 1 - 5 pm ² <u>HICAP 1 – 4 pm</u>	³⁰

